

# FIVE STAR

kids

TRAVEL + LIFESTYLE

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FIJI • CHILE • AUSTRIA • JAPAN



Fresh pickings from the herb garden © Laucala Island

# FARM TO TABLE

Picking their own veggies works wonders when it comes to getting kids to eat well on holiday.

WORDS Nicola McClean

Resorts that grow their own produce not only radiate a sustainable ethos but are also the perfect option for family holidays. With a range of activities to get kids involved in the farming and cooking process, these seven resorts are guaranteed to get even the fussiest eaters to finish their meal.

## 1 FOUR SEASONS RESORT BALI AT SAYAN BALI

The resort's vegetable, herb and spice garden contributes much of the produce on the restaurants' menus, ensuring you and your family are eating the absolute freshest dishes. Sokasi Cooking School is a great bonding activity where you and the little ones get involved in whipping up classic Indonesian fare with ingredients sourced on site or from the local market. Families will love learning

about regional cuisine, which is a great way to get a taste of Balinese culture. When it's time for a romantic Rooftop Stargazing Dinner, your mini masterchefs will be well cared for in the complimentary kids' club. [fourseasons.com/sayan](http://fourseasons.com/sayan)

## 2 LAUCALA ISLAND FIJI

This 12-square-kilometre private island's unspoilt, lush landscape isn't just beautiful, it's sustainable, too. With a strong focus on farm-to-table, the majority of what is grown here ends up being consumed by guests. As well as vegetable, herb and fruit gardens and greenhouses, the farm produces meat, poultry, honey and chocolate. Coconut palms blanket more than a quarter of the island, and their fruit is found in everything from parents' cocktails to the products in the spa. Kids can enjoy activities such as coconut

bowling, fruit picking and tours of the crop farm. Laucala is an exclusive hideaway with a conscience, teaching young guests about the importance of fresh, locally grown produce. [laucala.com](http://laucala.com)

## 3 SIX SENSES LAAMU MALDIVES

This Laamu Atoll resort changes its menu daily depending on the ingredients blossoming in the resort's organic garden. With more than 40 types of herbs, vegetables and salad leaves, the gardens are an efficient and eco-friendly way to produce fresh and delicious meals for guests. Little ones will love the back-of-house tour, where they can get involved in planting seeds, learning about how plants are grown and assisting gardeners in the Leaf Garden with planting and harvesting. [sixsenses.com](http://sixsenses.com)



A hands-on education in Balinese cuisine at Four Seasons Resort Bali at Sayan, Ubud © Four Seasons Hotels



Rice learning at Four Seasons Resort Bali at Sayan © Four Seasons Hotels



Beetroot harvest in Mexico © Chablé Resort & Spa



Daily excursions to the garden at The Farm at Cape Kidnappers © Miz Watanabe

#### 4 ALILA MANGGIS BALI

This secluded resort is set in a coconut grove between the sea and sacred Mount Agung. Little gourmands can help maintain the resort's vegetable gardens and produce their own meal from scratch. The 'Kids in the Kitchen' cooking classes teach children four years and up how to bake Jaje Laklak, a local delicacy. While their rice cakes are steaming, little chefs visit the kitchen garden and assist the gardener in planting new herbs and learning about the ones already growing. Then it's time to return to you and share their home-made treats. [alilahotels.com](http://alilahotels.com)

#### 5 CHABLÉ RESORT & SPA MEXICO

Built in the heart of the Yucatán jungle, this resort pays homage to local tradition through the reintroduction of the *milpa*, a Mayan crop-growing field. Squash, corn, zucchini, chillies and chaya leaves are among the produce grown here in beds made from locally sourced wood. Families looking for an enriching cultural experience are invited to participate in the gardening process. Cooking classes and chocolate (*xocolātl*) tastings are both on offer, while parents can also enjoy wine and tequila appreciation sessions. When they're not in the kitchen, Chablé is a playground for little guests, filled with jungle trails to bike or hike, sprawling hacienda gardens, tennis courts and beautiful swimming pools. [chableresort.com/yucatan](http://chableresort.com/yucatan)

#### 6 FREGATE ISLAND PRIVATE SEYCHELLES

'Luxury with a conscience' is the aim of this resort, where 80 per cent of the ingredients used in creating the menu are grown in its own plantation. The island has the largest hydroponics system in the Seychelles and every time a chef requests a new ingredient, it can be grown in just six weeks. Families can wander around the island tasting anything they desire, as pure, organic food grows literally anywhere. For children between three and 12 years of age, the Castaway Club guides them around the island learning about native wildlife, while the cooking and mocktail classes will help them channel their inner chef or bartender. [fregate.com](http://fregate.com)

#### 7 THE FARM AT CAPE KIDNAPPERS NEW ZEALAND

The menu changes daily at this lodge on the North Island, crafted around whatever is freshest in the vegetable garden. Every meal featured on the menu contains produce sourced directly from the on-site farm, and guests are able to join the lodge chefs every morning to wander through the vegetable gardens and source food for meals. Kids will love being able to join farmers for an introduction to farm life, learning about raising cattle and seeing the dogs mustering sheep. Family packages are available to ensure both parents and children enjoy their stay to the fullest. [robertsonlodges.com](http://robertsonlodges.com) ★



Coconut groves are a place of play as well as harvest © Laucala Island